



**France – Canal du Midi Bike Tour (2025)**  
**Individual Self-Guided**  
**7 days / 6 nights or 10 days / 9 nights**



The Canal du Midi is undoubtedly the most beautiful canal in France and Europe. It was built by Pierre Paul Riquet between 1667 and 1681 in order to link the Mediterranean to Atlantic Ocean. This idea had already been dreamt of by the Romans but was only carried out sixteen centuries later and even at that time was a considerable technological achievement. All along the 260 km of canal situated in the South of France with its 64 locks, you will come across authentic and varied landscapes where time seems to stand still silent. Cars and industry are missing, here the bicycle reigns, riding along the towpath under century old plane trees. This tour has been extended for even more highlights; you'll now also discover 2 other canals dating from the 18th Century, namely the Canal de la Robine to Narbonne, and the Rhone-Sète canal between Montpellier and Sète. This section alone has it all, as the canal leads through the heart of the lakes and marshland area, so typical of the Mediterranean. Flamingos, herons, gulls and countless other species of birds accompany you as soon as you set off. Culture and architecture fans are in for a treat: Visit elegant Montpellier, the lively port and fishing town of Sète, the Greek town of Agde with its Romanesque fortified church, Beziers Cathedral and beautiful old town, Narbonne with the Archbishop's Palace, the Gothic cathedral and the underground Roman storage facilities, and lastly Carcassonne with the most powerful medieval double fortification in Europe (UNESCO World Heritage). Discover new places, new smells, get some fresh air, look around you and relax on your bicycle while at the same time undertaking an activity which is good for your mind and body. This promenade along the water's edge away from traffic will allow you to meet local people and other tourists and to appreciate the wonderful local cuisine.

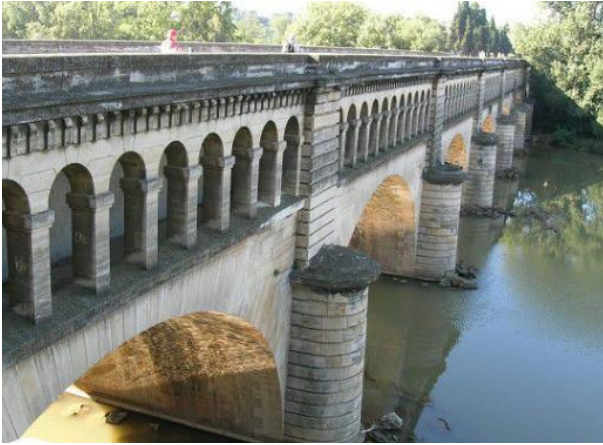


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### Itinerary Day to Day

#### **Day 1: Individual arrival to Montpellier**

Individual arrival in Montpellier. At the reception you will receive your travel documents.



#### **Day 2: Montpellier – Sète 50 km**

At 9:30 am we will be at your hotel to adjust your rental bike and to give you all the necessary information about your tour. From the elegant city of Montpellier you will cycle along the Lez River on a bike path through a bird sanctuary to Palavas and the Mediterranean Sea. Then the way leads you along the Rhone-Sète Canal through the middle of a beautiful Lake District and finally to Frontignan-Plage and Sète.

#### **Day 3: Sète – Béziers 58 km**

This morning you should not forget to take your swimming togs. Because in the morning you ride along the beach on a perfect bike lane to Agde. Here you can visit the old town and the cathedral made of black stones. From here you follow the Canal du Midi to Béziers.

#### **Day 4: Béziers - Narbonne 40 km**

Via the bridge over the river Orb you reach the seven locks at Fonsérannes. Continue your ride along the canal, past the Celtic oppidum of Ensérune and an imposing Gothic church in Capetang. You continue on little roads and paths through the vineyards to Narbonne.

#### **Day 5: Narbonne - Homps/Olonzac 39 km**

Visit the old town of Narbonne and its famous ancient monuments like the archbishop's palace and the Gothic cathedral. Then you ride along the Canal de la Robine and on little roads to the Canal du Midi, which leads you to the little village of Homps, or a little bit further on to La Redorte or Olonzac



#### **Day 6: Homps/Olonzac - Carcassonne 42 km**

Today you continue to follow the Canal du Midi until you reach the fascinating, historical city of Carcassonne, the famous medieval walled town with its two circular walls and a huge medieval fortress, the largest one in Europe (World Heritage Site).

#### **Day 7: Departure from Carcassonne**

Get back to Montpellier by train or France-Bike Bus and finish your holiday or stay longer in Carcassonne or Montpellier or elsewhere.



**For 10 day tour option:**

**Day 7: Carcassonne – Castelnaudary 43 km**

You continue to ride along the Canal du Midi to Castelnaudary, home town of the famous Cassoulet. The landscape changes and the vineyards are replaced by fields of sunflowers and corn. On the right side you can see the little mountain chain of the 'Montagne Noir', where the canal gets its water from.

**Day 8: Castelnaudary – Lake St. Ferréol - Castelnaudary 61 km**

On little roads you ride to the strategic point of the Canal project, the lake St. Ferréol, built in the 17th century. Then you go on to the medieval town of Revel with one of the nicest market halls in France, before riding back to Castelnaudary.

**Day 9: Castelnaudary – Toulouse 64 km**

Continue along the Canal du Midi, passing nice villages, on to Toulouse. We recommend a visit of this very nice city.



**Day 10: Individual departure or extension (return transfer available on request)**

Get back to Montpellier by train or transfer and finish your holiday or make some extra days in Toulouse or in Sète or elsewhere.





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### Route



### Technical Characteristics

**Tour Profile:** Relatively Easy. Ride on flat roads, part of the towpath is a road but most of it is a track, also quiet back roads.

**Distance:** 230 km or 380 km

**Travel Season:** *Self-guided tours:* Sunday departures from March 16 – November 1

Season 1: 16.03.-05.04.2025 and 21.09.-01.11.2025

Season 2: 06.04.-21.06.2025 and 07.09.-20.09.2025

Season 3: 22.06.-06.09.2025



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**Prices per person:**

**7 day/ 6 nights**

**10 days/ 9 nights**

Double Occupancy Season 1	€1050	€1265
Single Occupancy	€1450	€1755
Single Traveler Supplement	€240	€300
Supplement 2 travelers any day	€120	€150
Supplement 3 travelers any day	€80	€100
Supplement Half Board	€320	€380
Supplment Season 2	€140	€130
Supplment Season 3	€200	€180
Bike Rental 24 gear	€110	€160
Electric Bike	€250	€320
Extra Nights Double Occupancy B&B Montpellier	On request	
Extra Nights Single Occupancy B&B	On request	

**Included:**

- 6 or 9 nights in classy 3\*\*\* and 4\*\*\*\*\* hotels
- 6x or 9x breakfast
- Tourist tax
- Welcome briefing
- Luggage transport (1 piece of luggage per person) from hotel to hotel
- Detailed documentation, brochures, plans, maps, etc.
- GPS tracks (on request)
- Tour signs along the route
- Security vest
- Service hotline



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### Bikes

#### Hybrid Bikes



#### E-Bike



#### Bikes

Either Giant bikes with 24-speed gearbox without a coaster brake or electric bikes unisex 8/9 gears.

#### Equipment

- . Ortlieb pannier, 25 l
- . air pump
- . a lock
- . a mobile phone holder
- . a map holder only on request
- . a signal vest
- . a puncture kit

*Assisting people in realizing their touring dreams worldwide is our passion.*

[www.okcycletours.com](http://www.okcycletours.com)



**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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